

Tomato Vegetable Soup

Makes: 50 or 100 Servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Tomato juice, low sodium, canned		4 48 oz cans		8 48 oz cans
Frozen vegetables (mixture of carrots, potatoes, peas, corn, green beans)	6 lb		12 lb	
Onion, diced, ready-to-use	2 lb		4 lb	
Green peppers, diced	1 lb		2 lb	
Water		1 qt		2 qt
Mushrooms, canned, sliced	24 oz		48 oz	
Bay leaves		5 leaves		8 leaves

Nutrition Information	
Nutrients	Amount
Calories	70
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	150 mg
Total Carbohydrate	15 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	
Meal Components	
Vegetables	1/2 cup

Directions

- Combine all ingredients in large tilt skillet, stockpot or Dutch oven.

2. Bring to a boil.
3. Cover and reduce heat to simmer for 30-45 minutes.
4. Remove bay leaves before serving.
5. Serve 3/4 cup (6 ounces).

Notes

Additional Tips:

You can find the recipe for 25 servings and family-sized servings [here](#).

Source: NH Obesity Prevention Program, DHHS, DPHS